



The Power Connection

HOLIDAY EDITION



HAPPY HOLIDAYS FROM PAC

On Friday December 11, 2015 the Pacific Team's Korea office hosted a holiday potluck. LTC Soulé and Ms. Rosalie Fehrmann were visiting from Fort Belvoir and able to join in on the festivities. Great food was enjoyed, games played, and fun was had by all.



GIVING THANKS AND CELEBRATING HOLIDAYS AT HQ

P2E was able to join I3C2 and I3MP for both a Thanksgiving and Holiday potluck. Being able to gather in one room as a team gave everyone the ability to mingle amongst new and old team members.



HAPPY HOLIDAYS FROM EUROPE

The P2E Europe Team hosted a chili cook off in November



P2E COOKIE CONTEST/EXCHANGE



Judges hard at work



Contestants and judges

Right: Most Festive Cookie Winner Mike Hunter



Above: P2E "Best Dish" spoon handoff

Right: Mr. Scott Ervin congratulates Regina Chambers on her win



Most Nutritious Cookie Winner Janice King



Most Delicious and Overall Best Cookie Winner Regina Chambers

New Year, New You

Scott Ervin's Story



BEFORE

In March 2015, COL Pearson, LTC Soule' and I attended a PSR in Kuwait and Germany. It was a week long, whirlwind trip and **my first opportunity to meet my new boss, a highly motivated Army Ranger!** Upon hitting the Tarmac at Dulles on the return trip, my phone rang. It was my mother. My father had fallen on a patch of ice a week earlier and was hospitalized with a fractured hip that also set off a series of heart attacks. He was already suffering from multiple myeloma and was dying a very slow death. My mother called to inform me that his doctor was summoning the children home since there was nothing else they could do for him. I drove home, swapped bags and drove to Columbus, Ohio. My father died two weeks later. At that point, I began to reflect on my life, my lifestyle and overall general health; I weighed almost 300lbs and

physical fitness was not a regular part of my daily routine. My diet consisted of a daily dose of Ho Hos and Twinkies, garnished with chocolate and cookies. That's a little tongue-in-cheek humor, but not too far off. **I knew that something needed to change quickly to improve my quality of life.** Coincidentally, P2E started a *Biggest Loser Challenge* at this same time and that helped provide the motivation necessary to get started. With the outstanding support of my teammates, and thousands of salads later, I lost 45 pounds and was dubbed the "Biggest Loser." **But, I didn't stop there.** Rather than treat this as a "diet," I adopted my eating habits as a lifestyle change. Some would characterize my habits as a low carb diet, but I have simply tried to reduce my sugar intake wherever possible and look for healthier alternatives. **I have found this to be very challenging, but not impossible.** In fact, I eat very well and consider my food delicious. I have also integrated physical fitness into my routine whenever possible. When I'm not sitting in a really awesome project review, I can probably be found clicking my mouse feverishly to approve DTS orders or some other important document. Occasionally, I will even make it to the gym where I can get in a real workout.

One thing of importance that I have discovered; **diet is significantly more important than exercise in this equation.** Until I embarked on this journey, I never would have believed it and, in fact, I had an argument with my doctor over this point. Unfortunately, I lost the argument. My doctor was 100% right. If you can control what you consume, you will have much more control over your weight. I also encourage you to exercise, as that will only improve your health position.

So, eight months later, **I have lost almost 70 pounds.** It has become more difficult to lose weight, but I am starting to find my optimum size. Life has become pretty much normal again. I have continued with my lifestyle change; both eating habits and exercise. The only negative effect is that I had to get rid of lots of clothes. Luckily, I still had some old clothes from earlier years that helped soften the financial impact of this change. **I am hopeful that I have added years to my life,** or at a minimum, my time here should be much more enjoyable.

As with successful Project Management, you must apply the PMLC process.....

Positive thoughts...
Management of calories and exercise...
Lifestyle changes...
Circle of Support...



AFTER

LTC Soulé Visits Korea



LTC Gregory Soulé, Product Manager, Power Projection Enablers (PdM P2E), traveled to Seoul, South Korea in early December. There he attended a Rehearsal of Concept (ROC) Drill of the Yongsan Relocation Plan/Land Partnership Plan (YRP/LPP), in support of Korean stakeholders. The ROC drill was held Wednesday, December 9, 2015, in Yongsan, South Korea. LTC Soulé joined hundreds of other military personnel, civilians, and industry partners in observation of United States Forces Korea (USFK) members discuss the status of the YRP/LPP projects and review the progress of relocating U.S. forces from U.S. Army Garrison (USAG) Yongsan and surrounding U.S. military bases, to USAG Humphreys. Topics discussed include: Critical areas requiring additional support; actions taken to support these additional needs; and the resolution

and outcome in taking said actions.

While on his visit, LTC Soulé was able to meet with stakeholders COL Willadsen, U.S. Army, U.S. Co-Chair, Command, Control, Communications, Computers and Intelligence (C4I) Joint Working Group (JWG); COL Roberson, U.S. Army, 1st Signal Brigade; and members of the 2nd Infantry Division (2ID), G6. During these meetings he was able to discuss with each of them individually the progress of their projects, additional requirements and funding issues for the Joint Information Environment (JIE), and the Pacific Network Modernization (NETMOD) initiative. LTC Soulé said upon completing his travels, "the meetings were very successful for all parties, it gave me a chance to meet the stakeholders face to face, and show each partner that I am invested in making this transition as smooth as possible. This trip was very productive, not just for the stakeholders, but also for P2E personnel stationed in Korea. I was able to use the time in between stakeholder engagements to meet with the Korea team and participate in their holiday festivities. These types of events are very beneficial for the Product Manager and our valued team members that are stationed abroad."



P2E TOURS DMZ, KOREA

While on his visit to Korea in December of 2015, LTC Soulé, along with Mr. Tony Moles, Mr. Mike Patarini, Mr. Ki Kim, Mr. Ron Sutton, and Ms. Rosalie Fehrmann, had the privilege of taking a VIP tour of the De-militarized Zone (DMZ), along the border of North and South Ko-



Have any news that you want to share??? Please email Miguel Buddle (Miguel.s.buddle.civ@mail.mil) or Rosalie Fehrmann (Rosalie.c.fehrmann.ctr@mail.mil) to have updates added to the next newsletter!

P2E DOOR DECORATING AND HOLIDAY SPIRIT



HEALTHY LIVING INITIATIVE

Happy 2016! This time of year is a time to reflect on the past year and think what you would like to be different in 2016. For many of us, our goal is to lose a few pounds, get in shape or just overall make a healthier lifestyle. To continue the tradition, P2E has come together in support of the Healthy Living Initiative creating activities to keep us moving and motivated. The following are events to come!

- ***Biggest Loser Contest** - Sign up between 18 - 22 JAN 2016 at <https://peoeis.kc.army.mil/p2e/health/Lists/Participants/overview.aspx> (Click on "respond to this survey")
- ***Monthly speaking engagements** - More details to come
- ***FT Belvoir Health & Fitness Expo** - Thursday, 21 JAN 2016, 1000 - 1400
- ***Physical activities** - Join P2E on the next Commanders Walk, 3 FEB at 1130 (meet in front of Garrison HQ, building 269); Check your email or the bulletin boards located both upstairs and downstairs in the P2E Lobby for a schedule of other fun physical events!
- ***Pot lucks focused on healthy foods** - More details to come

For more details check out the P2E portal!